

## **All about Choquequirao trek**

The Choquequirao Trek 4 days is quite a challenging trip to one of the most important archaeological sites in Peru. A great hike and an unforgettable adventure to recommend to all visitors to Peru, no matter how strenuous the trail is! I enjoyed the remoteness and inaccessibility of the Choquequirao ruins. Because on the way and also on the site you hardly meet other hikers.

### **Alone or with a provider?**

If you are very disciplined and, above all, have experience in long walks, you can start your adventure alone, but if you are looking for a more comfortable walk, the best option will be to find a provider of this service. The advantage of this is not only good food, a tent with a warm sleeping bag, but also that a guide can give you information and stories about the creation and nature (plants and animals) that you might not get otherwise. There are several providers in Cusco for Choquequirao Trek 4 days you can choose!

Carrying out this trek with a provider is more expensive than doing it alone but it has many advantages

Excellent and knowledgeable guide with a very detailed briefing

Great equipment (tent, sleeping bags and mats).

There are no overloaded mules.

Optimal distribution of daily stages.

### **Difficulty and duration**

The Choquequirao trek lasts 4 days. Some providers also offer the trek in 5 days. You can choose according to the time of stay that will be in Cusco. The trek is classified as "Difficult" and is titled the most challenging in Cusco.

### **Best time and climate for Choquequirao Trek 4 days**

Due to its location in the Apurimac Valley, there is a tropical climate throughout the year. The nights can be cool and humid, the days very hot. As soon as the sun breaks through the cloud cover, it is very hot and exhausting. Most of the trail offers no protection from the sun and mosquitoes are present.

The best months are from May to September when Cusco is in the dry season. In the rainy season you can walk the trails, but heavy rains often cause landslides, which can be very dangerous since the dusty paths then become muddy and, above all, slippery. Because they are steep and located on deep slopes, this can also lead to serious accidents.

### **Is acclimatization necessary?**

The Choquequirao trek 4 days climbs to 3,100m in altitude and is therefore lower than Cusco. I advise you to stay in Cusco for at least two days before starting the trek. So your body can get used to the altitude.

## **Packing list for Choquequirao Trek 4 days**

Here I have listed my packing list for the Choquequirao trek 4 days. If you want to do the trek on your own you will of course need a tent, a sleeping bag and a sleeping mat, as well as food, water and kitchen utensils. But if you book the tour with a service provider you only have to worry about the clothes and the camera.

### **Clothes for Choquequirao trek 4 days, layering system:**

- 1 softshell jacket
- 1 waterproof and windproof jacket
- 1 thin jacket for the night
- 2 long pants with zipper
- 2 long sleeves with UV protection
- 3 t-shirts
- 1 top
- 2 pairs of short hiking socks and 1 pair of long socks
- Preferred sports underwear
- Sun protection: hat or cap
- trekking shoes

### **Additional:**

- Rain cover for backpack
- Toilet paper
- carbon trekking poles
- Sunscreen +50 SPF
- Insect repellent
- Small towel
- battery pack
- Personal care products